

Bird Size-O-Meter

Size-O-Meter Score:

Characteristics:

1 Very Thin

viewed from above



side-view of breast bone and muscle



- Breast bone is very sharp to the touch
- Loss of breast muscle and no fat cover

2 Thin



- Breast bone is easily felt and sharp
- Loss of breast muscle and little or no fat cover

< 3 Ideal



- Breast bone easily felt but not sharp
- Breast muscle rounded

4 Overweight



- Pressure is needed to feel the breast bone
- Well rounded breast muscle and some fat cover
- May see some fat below where breast bone ends

5 Obese



- Very hard or not possible to feel the breast bone
- Very rounded muscle and possible to feel or see fat moving under the skin
- Fat also obvious below where the breast bone ends

Produced with assistance and advice from Anna Meredith MRCVet

- Your pet is a healthy weight
- Seek advice about your pet's weight
- Seek advice as your pet could be at risk